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TEEN PRODIGY AT HOME IN WATERLOO

JACOB BARNETT, 15, WHO WAS DIAGNOSED WITH AUTISM AS A TODDLER, NOW STUDIES WITH THE WORLD'S BEST AT PRESTIGIOUS PHYSICS INSTITUTE PAGE 15

PM pledges subway cash

Harper makes promise during meeting with Ford, but there's no word yet of how much Ottawa will shell out for Scarborough extension PAGE 3

All eyes on Emmys

Awards nabbed by industry vets like Julia Louis-Dreyfus and unknowns like Nurse Jackie's Merritt Wever, giver of the 'best speech ever' PAGE 19

Farmers think globally

Ontario commercial farms experimenting with 'world crops' to meet demands of growing immigrant populations PAGE 4

NEWS WORTH SHARING.

'She's with us wherever we go'

Charles Smith fallout. Mother wrongfully accused of abusing and killing young daughter finally moving on

Jenna Mellor never had her hair cut. Her first came 15 years after she was murdered. Now several strands of her red hair rest in two lockets, one around her mother's neck and the other around her sister's.

Last summer, Brenda Waudby watched as funeral director Patrick Benson dug up her 21-month-old daughter's grave. Waudby just wanted to make her daughter whole. The year before, she discovered the coroner's office and Hospital for Sick Children still had Jenna's rib cage, even though she was buried in 1997. She was furious.

"We were able to have a visit with her ribs," Waudby says. "It sounds really odd, but it was comforting."

Benson clipped off a lock of hair — it hadn't decomposed — and gave the women the locket with the hair inside.

"Now she's with us wherever we go," Waudby says.

It was Jenna's ribs, which reports said had sustained injuries before her murder, a typo and a veil of secrecy over the true killer's confession that kept Waudby on the province's registry as a child abuser until 2012. She was one of the many victims of disgraced pathologist Charles Smith, whose botched autopsies led to the conviction of 13 people.

And she was an easy target for police because she had a cocaine addiction prior to Jenna's death.

The stress last summer was overwhelming. In addition to putting her dead daughter back together, she was dealing with yet another court date, this time to be exonerated for abusing Jenna. All this, while in the middle of exams at Fleming College where she was in a dual-diploma law clerk and paralegal program.

Now, 16 years after she was wrongfully accused of murdering her toddler, she is a college graduate looking for work in the legal world.

Go to metronews.ca for the full story.

TORSTAR NEWS SERVICE

Teen killer

- It wasn't until 2005 that police finally found Jenna Mellor's killer: the 14-year-old boy who babysat her that January night.
- He admitted to beating and sexually assaulting Jenna and pleaded guilty to manslaughter in December 2006. The court sentenced him to 22 months in prison.

INNOCENT LIVES LOST

Men shout slogans during a protest in Quetta, Pakistan, on Sunday over the killing of at least 75 people in two suicide-bomb attacks on a church in Peshawar, believed to be the deadliest attack on Christians in the country. Over in Nairobi, Kenya's armed forces say the hostage standoff has nearly ended. Militants attacked shoppers with guns and grenades on Saturday, killing 68 people, including at least two Canadians. See stories, pages 6 & 10. BANARAS KHANBANARAS KHAN/GETTY IMAGES

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Yorkville

Five hospitalized after club shooting

Five people are in hospital after a shooting at a popular Yorkville nightclub early Sunday morning, according to police.

The shooting took place around 2:30 a.m. inside the Empire Restaurant and Lounge on Cumberland St., sending five people to hospital.

Police are not sure what started the altercation, but said there might be more victims, and are appealing for them to seek treatment and contact police.

A Toronto man, Jermaine Morgan, 26, has been charged in connection with the shooting.

TORSTAR NEWS SERVICE

Aim to lasso some deals

Yee-haw! Toronto mayor, councillors heading to Austin

Toronto Mayor Rob Ford will visit Austin, Texas in early October as part of an effort to foster deeper economic ties with the self-proclaimed Live Music Capital of the World.

"We're going to Texas and it's going to be exciting," Ford told reporters Thursday. "And obviously we're going to work closely with the music industry down there and see what sort of deals we can make, and it's going to benefit, hopefully benefit all of Texas and all of Toronto."

Toronto's council unanimously endorsed a "Music City Alliance" with Austin in July. Austin's council backed the initiative in June.

TORSTAR NEWS SERVICE

Prime Minister Stephen Harper meets with Mayor Rob Ford at the International Plaza Hotel on Sunday where he announced federal money for Toronto subways. Also on hand was federal Minister of Finance Jim Flaherty. RICK MADONIK/TORSTAR NEWS SERVICE

Harper to help fund Scarborough subway

On track. Ford has long pushed for an extension, now with support from the federal government it seems his dream may become reality

The federal government will help pay for a Scarborough subway extension, joining forces with the Ontario government and city hall to foot the multi-billion-dollar bill.

Prime Minister Stephen Harper pledged financial support for the subway project at a meeting in Toronto Sunday with Mayor Rob Ford, but he did not provide details of how much Ottawa plans to pay.

"Mr. Flaherty and I, subject of course to the normal approval process, have set aside funds to ensure the financing of Toronto's plan for the Scarborough subway extension," Harper said at a photo session with Ford at a hotel near Pearson International Airport.

"I think this is good news for Toronto commuters who obviously continue to face the challenges of gridlock."

It's unclear whether Harper has come up with new money or if the federal dollars have been reallocated from the $1.8-billion light rail project, which was halted in August.

The Scarborough subway extension is estimated to cost hundreds of millions more than the LRT line and will connect the Bloor-Danforth line through to Scarborough.

The city and province have argued about exactly where the extended line will run. The city has advocated for a route up McCowan Road to Sheppard Avenue East, while Queen's Park wants to follow the current SRT corridor to the Scarborough Town Centre.

Ford told reporters Sunday that the project is a sign of Harper's continued support of Toronto.

"This has been a long battle but this is what the people want," Ford said.

TORSTAR NEWS SERVICE

Reaction

Some councillors react to the funding news.

- Coun. Karen Stintz told Torstar News Service Sunday she is pleased to hear the news, but she is curious to hear the exact details of Ottawa's support.
- "From my perspective ... I think what it will do, in my gut, is end this ping-pong debate," said Coun. Josh Matlow, who supports an LRT expansion in Scarborough.

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Review school councils: Group

People for Education.
Focus on fundraising not 'explicitly recognized' as part of mandate

What school councils are mandated to do and what they actually do are so far apart that it's time the province re-examine their role, says People for Education after a survey of 900 of such groups across the province.

Councils, made up mostly of parents and school staff, were created 13 years ago to "improve pupil achievement" and "enhance" accountability. But they see their real value in providing communication between home and school, and they also spend a lot of time fundraising — activities not mentioned in their mandate, says the research and advocacy group.

But according to the People for Education survey, just 13 per cent of school councils said boosting student achievement was integral to their role and even fewer — six per cent — thought "enhancing the accountability of the education system to parents" was. Fundraising was also cited by just six per cent as important, though it is the activity they spend the most time on. However, 80 per cent said improving communication between home and school is key. TORSTAR NEWS SERVICE

According to the report...

- **80%** of school councils ranked enhancing communication between the school and parents as one of their top three most important roles, but more than one-third said that they spent the most time on fundraising.
- **81%** of school councils report engaging in fundraising activities.
- **18%** of school councils use social media to communicate, up from 12% last year.

Word on the Street is ...

Anvita Winter walks through the crowds handing out small cards with words of wisdom written on them during the Word on the Street book fair on Queen's Park Circle on Sunday. More than 200 authors appeared at the massive free festival, Canada's largest. BERNARD WEIL/TORSTAR NEWS SERVICE

'I'm sure I broke a bylaw'

T.O. man gives trashed TTC signs a new home

Jordan Munn stumbled upon a trove of authentic Toronto Transit Commission signs in the garbage by the recently renovated Pape subway station.

Munn, 30, rifled through the refuse and managed to salvage four TTC platform signs. "I'm sure I broke a bylaw or something but I don't feel bad about it because it was going to be scrapped and so many people would want those," said Munn. He immediately posted photos of the signs on the Toronto section of Reddit, the popular user-generated news and entertainment site.

"Taking things from the trash is not permitted under city bylaws but let's be frank, here at the TTC, if somebody wishes to have something that we're throwing out, then that's fine; I don't have any issues with that at all," a TTC spokesman said. THE CANADIAN PRESS

Ontario farmers producing more 'world crops'

Ethnocultural foods used as part of an edamame salad dish. TORSTAR NEWS SERVICE

As immigrant markets grow in major urban centres, especially in the GTA, an increasing number of commercial farms, with help from the Ontario and federal governments, are experimenting with locally grown ethnocultural crops to meet the changing demands.

Some of these domestically produced "world crops" — such as Asian long eggplant, Indian round eggplant, okra, yard long beans, amaranth, Indian red carrot, tomatillos and edamame — have slowly taken up shelf spaces that were once dominated by imports from Asia. In Toronto alone, says University of Guelph professor Glen Filson, consumers from the South Asian, Chinese and African/Caribbean communities spend approximately $396 million, $252 million and $80 million respectively each year on ethnocultural vegetables.

If locally grown world crops displaced just 10 per cent of imported ethnic vegetables, the shift could create a new market worth more than $6 million a month for Ontario farmers, the study notes. This month, the Ontario government announced a $30 million local food fund to market and promote domestically grown food, including the development and commercialization of world crops.

According to Statistics Canada, almost six in 10 recently arrived immigrants today come from Asia and the Middle East, who generally have very different diets than traditional European immigrants in the past. TORSTAR NEWS SERVICE

Quoted

"You look at immigration and the East Indian population in places like Brampton. They're bringing in the carrot from India because that's what they want for making certain food."

Jason Verkaik, owner of Carron Farms

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Relatives help a woman at the Nairobi City Mortuary after she identified the body of a victim of the mall attack in Kenya, Sunday. KHALIL SENOSI/THE ASSOCIATED PRESS

Canada offers support to Kenya

Mall attack. Baird speaks to counterpart in Kenya after two Canadians killed

Canada offered its support to Kenya Sunday, saying it was "prepared to do more" to help the east African country recover from a horrific terrorist attack that killed at least 68 people, including two Canadians.

Media reports and Facebook users identified Vancouver businessman Naguib Damji as one of the two Canadians caught in the crossfire as gunmen used AK-47s and threw grenades at Nairobi's upscale Westgate mall, a venue frequented by expatriates and wealthy locals.

Officials have confirmed that the other victim was diplomat Annemarie Desloges, who worked at the Canadian embassy in Nairobi.

The attack that began Saturday dragged into Sunday, with 10 to 15 terrorists holed up inside the building with a number of hostages as Kenyan authorities mounted what it called a final operation to end the siege.

Somalia's radical rebel group, al-Shabab, claims responsibility for the attack as retribution for the presence of Kenyan troops in Somalia. It said there will be no negotiations.

At least two Canadian citizens and one permanent resident were among the 175 injured. THE CANADIAN PRESS

Somalian rebels

"Al-Shabab's despicable actions ... show that the fight against terrorism is the great struggle of our generation."
Foreign Affairs Minister John Baird

Recent attacks

- **October 2011-March 2013.** Al-Shabab staged several attacks that killed more than 60 people in retaliation to the Kenyan government's decision in October 2011 to send troops into Somalia to battle the rebels.
- **July 11, 2010.** Militants from al-Shabab detonated near-simultaneous blasts in Uganda's capital at sites where crowds were watching the World Cup soccer final on large TV screens, killing about 76 people.
- **Nov. 28, 2002.** Militants bombed an Israeli-owned luxury hotel near Mombasa, killing 13 people.

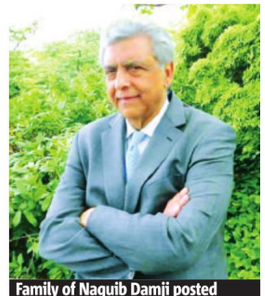
Rescue mission. 'Most' of remaining hostages saved: Kenyan officials

Kenyan's military said late Sunday it had rescued "most" of the remaining hostages held by al-Qaida-linked militants in an upscale Nairobi mall after launching a major operation to end a two-day standoff that had already killed 68 people.

The assault, which began shortly before sundown, came as two helicopters circled the mall, with one skimming very close to the roof.

Kenyan police said on Twitter that a "MAJOR" assault to end the bloody siege had started.

THE ASSOCIATED PRESS



Family of Naguib Damji posted his photo on Facebook Sunday, identifying him as the second of two Canadians killed in Kenya. FACEBOOK

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Rebekah Caverhill says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land. JEFF MCINTOSH/THE CANADIAN PRESS

Woman fights to reclaim home declared embassy

'Freemen-on-the-Land.' Growing movement of so-called sovereign citizens is raising concerns with authorities

An Alberta pensioner says she feels like a prisoner after her rental property was claimed as an "embassy" by a man she says identified himself as a Freemen-on-the-Land, a growing movement of so-called sovereign citizens that is raising concerns with authorities both north and south of the border.

"I am an army of one," says Rebekah Caverhill at her home in Sylvan Lake, near Red Deer. "I've been beat up so badly by people that should be helping that I don't know where to turn."

Caverhill rented half a duplex she owns in Calgary's upscale Parkdale neighbourhood to a new tenant in November 2011 on the recommendation of a friend.

The renter, Andreas Pirelli, had recently moved to Calgary from Montreal and was a self-described handyman. She says he agreed to "spruce up" the property in return for three months of free rent.

What she thought was a good deal soon turned into a nightmare.

A few months after Pirelli moved in, Caverhill went to inspect the work and she says she found the entire kitchen and bathroom had been gutted. All the doors inside had been removed and the floor of the master bedroom had been painted black, she says.

But Caverhill learned she had much bigger problems.

"He walks me to the door and he's yelling at me, 'I'm a Freemen-on-the-Land,'" Caverhill says.

"I said: 'This is my house, not yours.' He said: 'No. This is an embassy house now and it's mine and you have no rights', so then he slams the door."

"As far as I'm concerned, anybody who sets up a company or an embassy on Canadian land and calls it a foreign entity, for me, that's a declaration of war," says Caverhill.

No one came to the door at the home when The Canadian Press sought comment from Pirelli earlier this month.

THE CANADIAN PRESS

'Domestic terror' movement

- The Law Society of British Columbia and B.C. Notaries have both issued warnings about Freemen. In a bulletin last year, the society said the group may number as many as 30,000 in Canada.
- RCMP and the Canadian Association of Chiefs of Police are developing awareness materials for frontline officers and the movement is the subject of upcoming policing seminars in Vancouver and Toronto.
- The FBI considers the movement a domestic terror threat in the U.S.

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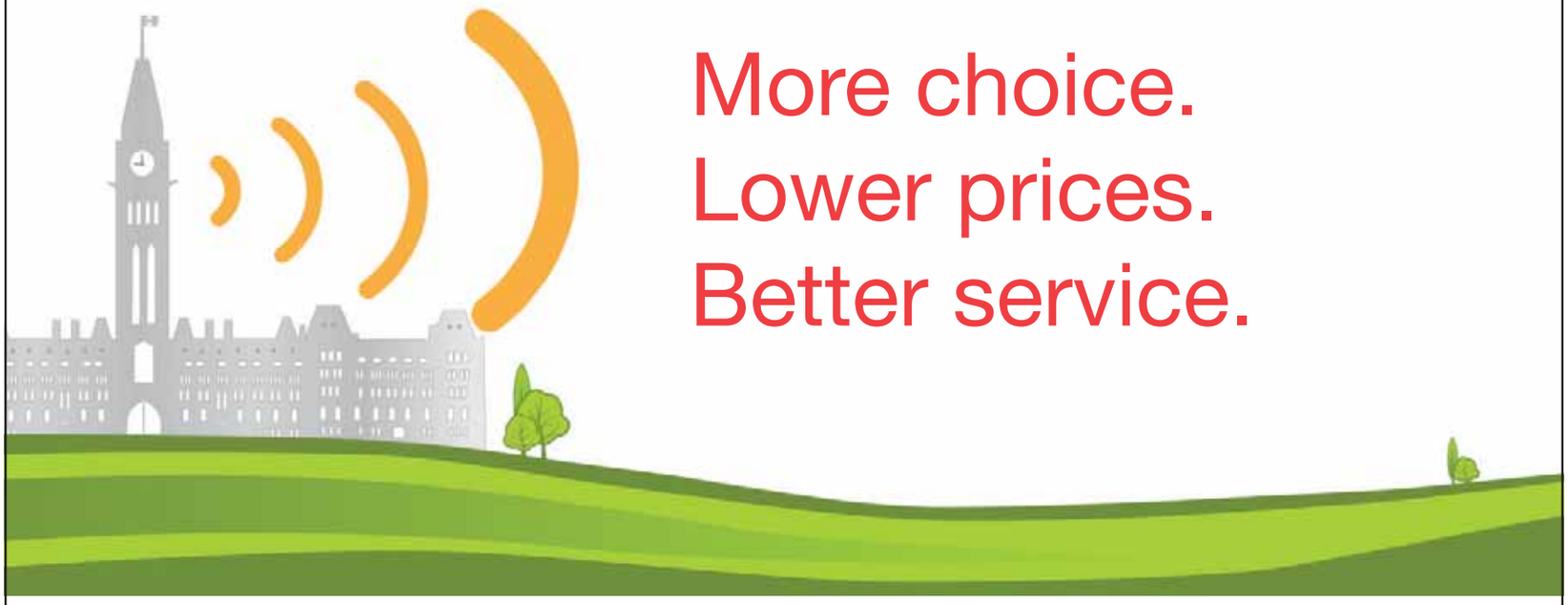

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Canada

Court battle. Public to see Omar Khadr for first time since capture 11 years ago

Former Guantanamo Bay inmate Omar Khadr is expected to make his first appearance in public since American soldiers captured him as a badly wounded 15-year-old in Afghanistan 11 years ago.

Khadr will be in an Edmonton courtroom Monday for an application to have his ongoing detention in an adult prison declared illegal.

"I want them to see Omar Khadr," his lawyer Dennis Edney said in an interview. "I don't want him hidden away."

Khadr's last court appearance was when he pleaded guilty to five war crimes in October 2010 before a U.S. military commission in Guantanamo Bay, where a few select people were allowed to watch the proceedings in person.

For his guilty plea, he was given an eight-year sentence.

The federal government, which opposes the application, argues Khadr has been appropriately placed in an adult maximum-security facility. THE CANADIAN PRESS

Jeffrey Delisle

Military mad that it could not quietly court-martial spy

The Canadian military was privately furious the Harper government did not allow it to court-martial a naval intelligence officer who sold top-secret information to the Russians, as seen in a newly declassified military assessment of the scandal.

The rules for courts martial give the military wide latitude on what evidence is kept secret. Through the court process, the public learned of lapses in security clearance and that top-secret defence computers were not as secure as the military believed. THE CANADIAN PRESS

Dozens slain in attack after church service

A Pakistani woman holds the lifeless body of her granddaughter in Peshawar on Sunday. MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Pakistan. Taliban say bombing, which killed 78, is meant to scare off U.S. drone strikes

A pair of suicide bombers blew themselves up amid hundreds of worshippers at a historic church in northwestern Pakistan on Sunday, killing 78 people in the deadliest-ever attack against the country's Christian minority.

A wing of the Pakistani Taliban claimed responsibility, raising new questions about the government's push to strike a peace deal with the militants to end a decade-long insurgency that has killed thousands of people.

The Jundullah arm of the Taliban said they would continue to target non-Muslims until the United States stopped drone attacks in Pakistan's remote tribal region. The latest drone strike came Sunday, when missiles hit a pair of compounds in the North Waziristan tribal area, killing six suspected militants.

The attack on the All Saints Church, which wounded 141 people, occurred as worshippers were leaving after service to get a free meal on the front lawn, said a top government administrator, Sahibzada Anees.

"There were blasts and there was hell for all of us," said Nazir John, who was at the church along with at least 400 other worshippers.

The white walls of the church, which first opened in the late 1800s, were pockmarked with holes. Blood stained the floor and the walls.

The number of casualties was so high that the hospital ran short of caskets for the dead and beds for the wounded, said Mian Iftikhar Hussain, a former provincial information minister who was on the scene. THE ASSOCIATED PRESS

Diplomacy

Attack puts peace deal in question

Ahmad Marwat, who identified himself as the spokesman for the Jundullah wing of the Pakistani Taliban, claimed responsibility for the attack.

"All non-Muslims in Pakistan are our target, and they will remain our target as long as America fails to stop drone strikes in our country," Marwat said by telephone.

Islamic militants have carried out dozens of attacks since Pakistani Prime Minister Nawaz Sharif took office in June, even though he has made clear that he believes a peace deal is the best way to tamp down violence.

"I don't think appeasement will work," said Farhatullah Babar, a senior leader of the main opposition group, the Pakistan People's Party. "This is a message from them that they don't believe in negotiations."

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*Event attendees must be of legal drinking age.

Pope Francis condemns idolatry of money

Reaching out to the poor. Pontiff's visit to Sardinia is only his second to an Italian city outside Rome

Pope Francis denounced what he called big business's idolatry of money over man as he travelled Sunday to one of Italy's poorest regions to offer hope to the unemployed and struggling entrepreneurs.

Francis left aside his prepared remarks and spoke off the cuff to thousands of people in Sardinia's capital, telling them he knew well what it was like to suffer from financial crisis.

He recalled that his Italian parents, who immigrated to Argentina before he was born, spoke about it often at home. "My young father went to Argentina full of illusions of making it in America," Francis told the crowd. "And he suffered the terrible crisis of the 1930s. They lost everything. There was no work."

Amid shouts of "Lavoro! (Work) Lavoro!" Francis called for dignified work for all. "Where there is no work, there's no dignity," he said.

Sardinia, known for its pristine beaches and swank vacation homes, has been particularly hard-hit by Italy's economic crisis, with factories closing and many of the island's families forced to seek charity. The island's desperation made headlines last year when a coal miner, protesting the planned closure of the mine, slashed his wrists on television. THE ASSOCIATED PRESS

Pope Francis wears a coal miner's helmet on a trip to Sardinia, Sunday, as he travelled to one of Italy's poorest regions to offer hope to the unemployed and entrepreneurs struggling to hang on. THE ASSOCIATED PRESS

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China

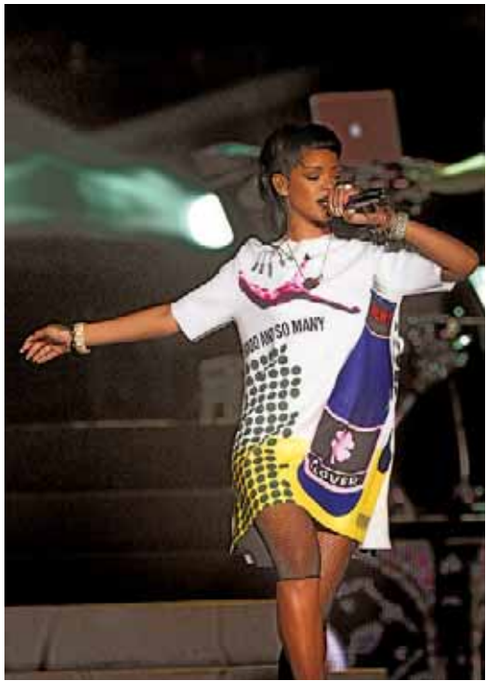
Leading politician Bo Xilai sent to prison for life

A court sentenced Bo Xilai to life in prison for corruption Sunday, burying the career of one of China's most up-and-coming politicians and lowering the curtain on a scandal that exposed a murder and illicit enrichment among the elite.

He was convicted of bribery, embezzlement and abuse of power Sunday in a case set in motion by his wife's poisoning of a British business associate in late 2011. It also was widely regarded as a political prosecution and a sign that top leaders had turned against the charismatic populist.

Bo had been seen as a contender in the transition for China's top leadership panel, the Politburo Standing Committee, but he also had unnerved many colleagues in the leadership with self-promotion seen as running counter to their brand of consensus rule.

The court deprived Bo of political rights for life and confiscated all his personal assets. THE ASSOCIATED PRESS



Rihanna, queen of jungle?

Pop star Rihanna, seen performing on Sunday in Singapore, took a weekend break from her Diamonds World Tour to spend time at the beach on Thailand's island of Phuket. An Instagram photo she tweeted that showed her in sunglasses snuggling up to a furry primate called the slow loris, a squirrel-like animal that is listed as a protected species, led police to confiscate two lorises and arrest a 20-year-old man and a 16-year-old boy. JOSEPH NAIR/THE ASSOCIATED PRESS

Help Plan Eglinton

Learn about recommended changes. Work with us to get them right.

In May and June 2013, we asked you to give us feedback on some options and ideas for Eglinton's future. **We've taken what we heard and developed recommendations for Travelling, Greening and Building Eglinton, including:**

- Four general traffic lanes for the majority of Eglinton, with on street parking similar to what exists today
- For Avenue Road to Mt. Pleasant Road, where the volume of traffic is lower, two general traffic lanes plus a left turn lane, with dedicated on-street parking in lay-by spaces
- A continuous protected bike lane along Eglinton, from Black Creek to Brentcliffe (standard bike lanes are already approved east to Kennedy)
- Wider sidewalks, plus room for big trees, benches and patios
- New public spaces, including parks, plazas and forecourts
- Permitting mid-rise buildings along Eglinton, and taller than mid-rise in certain Focus Areas

To learn more and help us refine these draft recommendations, join us at any of three public meetings or visit toronto.ca/eglinton

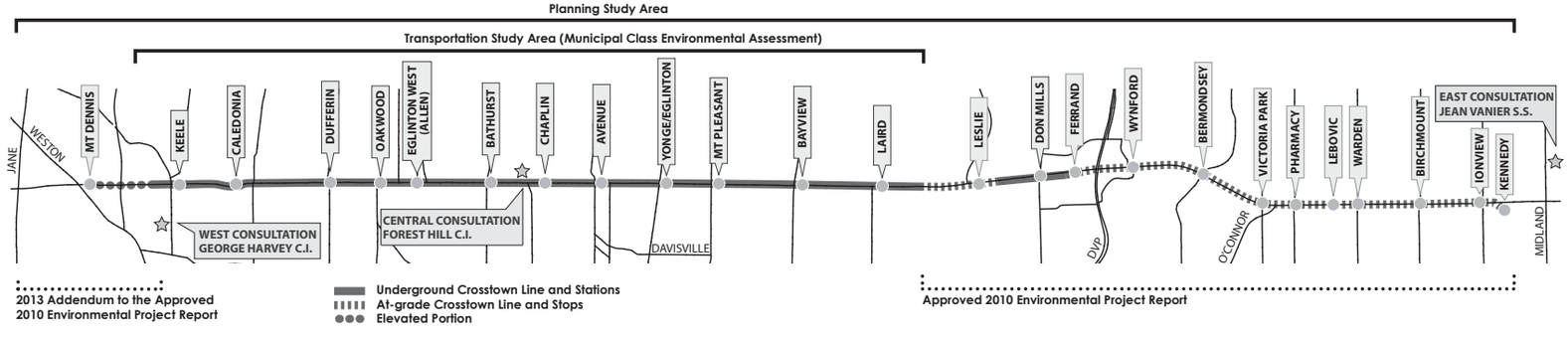
Artist's concept of a section of the future Eglinton streetscape

West Meeting
Monday, October 7
George Harvey Collegiate Institute
1700 Keele St, just south of Eglinton

Central Meeting
Tuesday, October 8
Forest Hill Collegiate Institute
730 Eglinton Ave W, near Chaplin

East Meeting
Wednesday, October 9
Jean Vanier Secondary School
959 Midland Ave, just north of Eglinton

All meetings: **6:30 - 9:00 pm** Information on display and staff available to answer questions
7:00 - 8:00 pm Overview presentation, and facilitated discussion



Future Eglinton Crosstown Light Rail Transit (LRT) with Study Areas

Transportation Study
The underground portion of the new Eglinton Crosstown Light Rail Transit (LRT) will run for 10 km between Black Creek Drive and Brentcliffe Road. As a result of this new underground transit service, some bus/carpool lanes will no longer be needed. We are recommending using this opportunity to widen the sidewalks and introduce protected bike lanes.

This Transportation Study is following a Municipal Class Environmental Assessment (Class EA) Schedule 'C' process, which includes identifying the problem/opportunity, developing and evaluating a reasonable range of alternative solutions, and providing opportunities for public input.

toronto.ca/eglinton

Eglinton Connects Planning Study
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Information will be collected in accordance with the Municipal Freedom of Information and Protection of Privacy Act. With the exception of personal information, all comments will become part of the public record. These meetings satisfy Section 5.5.1 of Toronto's Official Plan.

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Weekend carnage caps a violent summer in Iraq

Wave of attacks.
Suicide bombers strike two Baghdad funerals in two days, killing dozens

A suicide bomber detonated his explosive belt among Sunni mourners attending a funeral in Baghdad on Sunday, killing 16 people and wounding 35 others, officials said, in the latest episode of the country's near-daily violence.

Police officials said the evening attack took place when a suicide bomber detonated his explosive belt inside a tent where the funeral was being held in Baghdad's southern neighbourhood of Dora.

Two other attacks in the country's north left two policemen dead and 37 others wounded, the officials added.

People inspect the site of a double suicide bomb attack in Sadr City, a neighbourhood of Baghdad.
KARIM KADIM/THE ASSOCIATED PRESS

Sunday's bloodshed came a day after a wave of attacks killed 104 people, most at a double suicide attack on a Shiite funeral in Baghdad.

Violence has spiked in Iraq during the past few months. More than 4,000 people have been killed between April and August, a level of carnage not seen since the country was on the brink of civil war in 2006-08.

Earlier on Sunday, a suicide bomber rammed an explosives-laden car into a residential area in the city of Kirkuk, wounding 35 people, Kirkuk Police Brig. Gen. Anwar Mohammed Qadir said.

The bomber targeted both a Kurdish educational office and an adjacent house for a Christian lawmaker, Qadir said. Seven members of the lawmaker's family were wounded in the attack.

Kirkuk is home to an ethnic mix of Arabs, Kurds and Turkomen who all have competing claims to the oil-rich area.
THE ASSOCIATED PRESS

Syria

Mortar lands in Russian embassy compound

A mortar round landed inside the Russian Embassy compound in Damascus on Sunday, state media said, as Moscow said it was willing to send military observers to secure Syrian efforts to surrender its chemical weapons to international control.

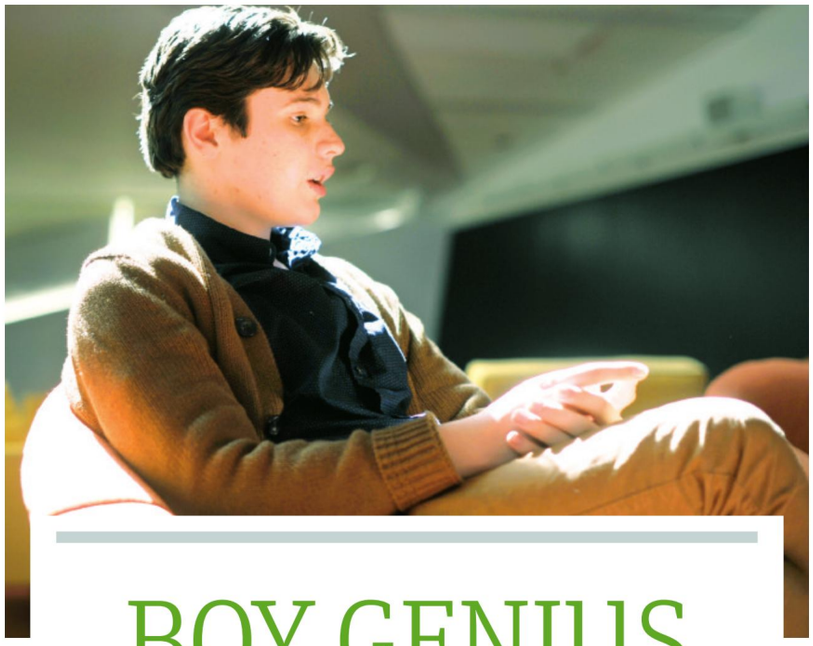
Russia is a leading backer of Syria's President Bashar Assad, and rebels fighting to topple his regime have previously targeted the diplomatic mission in Damascus with rockets and mortars.

In Moscow, the Russian Foreign Ministry confirmed the attack, saying rebels fired mortars that landed on the grounds of their embassy. Three workers were injured in the attack, the ministry said, adding that the injuries were not life-threatening.

The Russian Embassy is located in Damascus's upscale Mazraa district, which also houses several Syrian security institutions, a soccer stadium and nightclubs.
THE ASSOCIATED PRESS

Merkel toasts to victory

German Chancellor Angela Merkel, chairwoman of the Christian Democratic party CDU, drinks a glass of white wine at the party headquarters after the national elections in Berlin, Sunday. Merkel led her conservatives to a stunning victory in the election, a personal triumph that cements her position as Europe's most powerful leader. However, she will need to reach out to centre-left rivals to form a new government after her coalition partner crashed out of Parliament. JULIAN STRATENSCHULTE/DPA/THE ASSOCIATED PRESS



BOY GENIUS

After a month at the Institute for Theoretical Physics in Waterloo, Jacob Barnett is thrilled. The 15-year-old, diagnosed with autism at age two, is happy he's found a place where he can do what he loves and inspire others at the same time.

LIFE AS A TEENAGE PHYSICS PRODIGY

To most of us, it's just a glass of water. But to 15-year-old Jacob Barnett, it's something else entirely: a clock.

"Based on the sun reflecting through the water, you can tell what time it is by looking at the length of the light," he said.

Jacob sees the world in a unique way. He's absorbed in the invisible, mathematical language that explains how nature works, whether it's the patterns of the universe or just the reflection in a glass at breakfast.

His extraordinary mind earned him a coveted spot at Waterloo's Perimeter Institute for Theoretical Physics, where he's spending the next year studying physics in a master's program that selects from the best students in the world.

By now, his story is already well-known. A child prodigy with an IQ of 170 — higher than Albert Einstein's estimated IQ — he was diagnosed with autism at age two and didn't speak for a year-and-a-half until he asked a question at a lecture on astronomy.

By age eight, he was sitting in on university math lectures in Indiana. He completed his state's entire high school math curriculum in two weeks.

By nine, he was writing his own physics theories, an exercise that had him covering his home's windows in complex formulas. His mother, Kristine Barnett, detailed all this in her book The Spark: A Mother's Story of Nurturing Genius. Warner Bros. snapped up the rights for the movie.

Jacob reads physics papers for fun. In his spare time, he creates computer programs and ideas for startup companies. He breezily explains the complex math behind everyday phenomena, and says he works out physics problems subconsciously.

But he's also still a teenager. He chats with his Californian girlfriend over Skype, likes football and surfing, and is excited to try snowshoeing.

With about a month under his belt at Perimeter, he's loving it. Jacob says he feels at home at the Waterloo institute — surrounded by people as excited as he is to talk about quantum gravity and quantum mechanics.

He plans to spend the next year immersed in a broad, intense study of physics, which he hopes will help him decide the area of focus for his PhD.

TORSTAR NEWS SERVICE

Inspiring others

- Jacob's mother knows other parents are taking inspiration from Jacob's story of overcoming an early diagnosis of autism and turning into something of a young celebrity genius.
- "There's potential in everyone. I'm not saying everyone will be a rocket scientist or a quantum physicist. But just knowing that that potential exists, especially when you're facing an overwhelming illness like autism, it's incredibly valuable," she says.

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Holts gets lucky with Pharrell pop-up shop

Retail. Omnipresent producer celebrates 10 years of Billionaire Boys Club clothing line by visiting Yorkdale store

At 40, the perennially youthful Pharrell Williams could easily be mistaken for a man half his age as he continues to loom large behind the scenes and on the front lines as a sought-after hitmaker.

Williams is heading into fall riding the wave of a successful summer that saw him as a featured player on two ubiquitous hits. His smooth vocals coloured Robin Thicke's R&B anthem Blurred Lines and Daft Punk's disco-esque Get Lucky. Williams will soon be back in collaborative mode with Miley Cyrus, teaming up with the pop star on her new album Bangerz due out on Oct. 8.

In the meantime, the omnipresent hitmaker is marking a major milestone outside of music: the 10th anniversary of his Billionaire Boys Club clothing line which includes graphic tees, hoodies, board shorts and denim.

In celebration of the anniversary, he made a special appearance at Holt Renfrew's Yorkdale location in Toronto on Saturday where a pop-up shop inspired by Williams was launched by the retailer.

Slated to be open until the end of October, the boutique features items such as hats, hoodies, tees and jackets from Williams's various clothing lines, which also include Bee Line, Billionaire Girls Club and BBC Black.

The retailer will also feature BBC X Holt Renfrew, a line of exclusive sweaters and T-shirts for men and women with prices starting at $68. THE CANADIAN PRESS

Pharrell Williams appears at Holt Renfrew's Yorkdale store on Saturday to launch a pop-up shop. Visitors to the shop will get to see some of his prized personal possessions including a N.E.R.D action figure, Louis Vuitton sunglasses and a custom Swarovski hoodie. COURTESY GEORGE PIMENTEL/HOLT RENFREW

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TORONTO TRANSIT COMMISSION

Site fights back

WikiLeaks leaks screenplay for The Fifth Estate

WikiLeaks has posted the script to The Fifth Estate and made its most forceful denunciation of the film about the site's creation and its colourful founder.

The whistleblower website posted a memo calling the movie "irresponsible, counterproductive and harmful." The DreamWorks film, which Disney will release Oct. 18, chronicles the birth of WikiLeaks with Benedict Cumberbatch playing site founder Julian Assange.

Assange has previously called The Fifth Estate "a massive propaganda attack." In a lengthy, point-by-point posting, WikiLeaks refuted the film's depiction of WikiLeaks, disputing everything from its suggestion that documents the site released put confidential sources in danger, to the idea that Assange dyes his hair.

THE ASSOCIATED PRESS

Device durability. Don't drop that new iPhone

As Apple pitches its newest smartphones, users may find something lacking compared with last year's model: They could break more easily.

SquareTrade, a provider of protection plans for gadgets, tested five smartphones, including Apple's new iPhones 5S and 5C, to see if they could withstand drops, dunks and other common hazards. Its finding: The latest models aren't as durable as last year's iPhone 5.

The biggest loser, however, was Samsung's Galaxy S4, which failed to work after being submerged in water and being dropped five feet off the ground, according to San Francisco-based SquareTrade.

The phone that withstood SquareTrade's torture test best was Google Inc.'s Moto X. The Moto X is the first phone designed with the Internet company as Motorola's new owner. Released in August, the Moto X is also the first smartphone assembled in the U.S. THE ASSOCIATED PRESS

With every upgrade Apple has made, the new model has usually been more durable than the previous one, based on drop tests SquareTrade has done — but that wasn't the case this time. ALAN DIAZ/THE ASSOCIATED PRESS

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3.5 SL model shown

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QUESTIONS LINGER OVER AIRPORT

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

We're now a few months into the super repetitive 2013 edition of the Great Island Airport Debate. At issue: should city hall OK a proposal to allow jets to make use of Billy Bishop Airport on Toronto Island?

On this topic, I mostly just have questions. Questions that have gone unanswered despite a set of public consultations that wrapped up last week and a growing stack of staff reports on the subject.

Questions like, hey, so what exactly is the plan for the airport anyway?

This should be obvious, but I'm not sure it is. The story we're being told is that Porter Airlines is simply asking permission to use quiet Bombardier-built CS100 jets.

It's easy to see why that proposal might appeal to a lot of Torontonians. Bombardier is a Canadian company providing Canadian jobs. And Porter is well-liked, what with their lovable raccoon mascot and the free in-flight booze.

But Porter and Bombardier aren't the only players here. Porter doesn't own the island airport — taxpayers do, through the Toronto Port Authority. Porter doesn't have exclusive rights to it, nor is Bombardier the only manufacturer of planes that can land there.

Staff at city hall have already admitted that governments can't show favouritism in the outcome of this debate. Extending the runway into Lake Ontario and allowing the CS100s would mean allowing any airline's jets that fit noise requirements and runway specs. A staff report released last week says Air Canada, United Airlines and WestJet are all interested.

In other words, it seems wrong to paint this as a minor change to Porter's existing service. There's something considerably more substantial going on here. It's important to understand the full ramifications before any decisions are made.

Beyond that, I wonder about another piece of public infrastructure you and I are set to own: the Union-Pearson Express. It's supposed to whisk travellers from downtown Toronto to our biggest airport in about 25 minutes.

It seems natural to assume this new train might impact the need for expansion of the island airport, but data on the subject seems hard to find. It shouldn't be.

Finally, and most critically, I keep coming back to this question: what kind of waterfront do we really want?

I don't really buy into the apocalyptic narrative about jets at the island airport turning the waterfront into a wasteland littered with dead birds, but it's impossible to ignore that a growing airport seems fundamentally at odds with a waterfront designed for people to live, work and play.

Not allowing jets may seem like an arbitrary line to draw, but maybe it's also a line that makes it clear what we value about our waterfront going forward: the people, not the planes.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Scary sky morning, alien warning

MARKO KOROŠEC/SOLENT NEWS

Menacing photo of UFO-like cloud

Storm chaser Marko Korošec, 31, captured this formation while in Tornado Alley, an area across Texas, Oklahoma and Kansas where tornadoes are most frequent.
METRO

A still of an alien spaceship arriving above New York City, which looks like a super-cell storm, taken from the 1996 action sci-fi movie Independence Day, starring Will Smith. COURTESY 20TH CENTURY FOX

Tornado Alley

- Located in the central plains between the Rocky Mountains and Appalachian Mountains
- The U.S. records about 1,000 tornadoes a year, the most in the world

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

ISTOCK

The weather has taken a turn toward the cooler days of fall, so it's nearly time to put away the outdoor grill and start making heartier meals in the kitchen. If your skills have rusted a bit over the summer — or you're a complete noob — here's a few online destinations to help you get up to speed.

Feast:

As soon as you hit the home page, you're asked to enter your email address. If you're a beginner, sign up for the week-long Crash Course of easy lessons with a healthy side of humour emailed directly to you. Already capable of some entry-level kitchen wizardry? Take a shot at making kimchi in fermentation class or locking down the best way to gather some orange zest. (letsfeast.com)

America's Test Kitchen:

If you're ready to try your hand at some more complicated fare, the large catalogue of recipes, lessons and instructional videos available here are a domestic treasure trove. There's good stuff here for beginners, too. But it wouldn't be the best use of your membership dollars. (onlinecookingschool.com)

Culination:

OK, so this isn't an operating site. However, it is a very intriguing Indiegogo crowdfunding effort aimed at creating what it calls the "largest library of cooking lessons in the world," all accessible by a custom-built interactive platform. The perks for funders are an easy win if it reaches its potential. (indiegogo.com/projects/culination)

Comments

metronews.ca

RE: Campaign To Halt Peru Cat-Eating Festival, published Sept. 20

All in the name of religion, what does that say? Sad that they hid behind the rituals from a time when food was not available. We find this unpleasant because we have cats for pets. I am sure these people do not care what we think and will continue doing what has been brainwashed in their head under the banner of religion. **Tiggerthe cat posted to metronews.ca**

This falls under m.y.o.b., why should I impose my morality and ethics on these people for a totally ethnocentric behaviour? It makes about as much sense as them making us eat cats. **Peter Justice posted to metronews.ca**

Why do you assume it's more acceptable to eat cows and pigs? Not everyone agrees with your choices, either. **Michael Girouard posted to metronews.ca**

WE WANT TO HEAR FROM YOU:
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Show business not as usual

2013 Emmy Awards. Early surprises as best supporting actress Merritt Wever delivers 'best speech ever'

Neil Patrick Harris, host of this year's Emmys, got some help early on by Jimmy Kimmel. GETTY IMAGES

Julia Louis-Dreyfus claimed her second consecutive best comedy actress Emmy Award on Sunday for her role as an ambitious political second banana in Veep, with Jim Parsons claiming the top comedy acting trophy for The Big Bang Theory.

"This is so much good fortune it's almost too much to bear," said Louis-Dreyfus. "I'm very grateful to have the opportunity to make people laugh. It's a joyful way to make a living."

Parsons added to the awards he won in 2011 and 2010 for the role of a science nerd.

"My heart, oh my heart. I want you to know I'm very aware of how exceedingly fortunate I am," he said.

Merritt Wever of Nurse Jackie won the night's first award for best supporting actress in a comedy series, kicking off the ceremony on a surprising note and with a remarkably brief acceptance speech.

"Thank you so much. Thank you so much. Um, I got to go, bye," Wever told the audience after besting a field that included two-time winner Julie Bowen of Modern Family.

"Merritt Wever, best speech ever," host Neil Patrick Harris said.

Backstage, she offered an explanation: "I'm sorry I didn't thank anyone. I was going to cry."

Tony Hale of Veep claimed the trophy for best supporting actor in a comedy, a category that has been the property in recent years of the men of Modern Family.

Homeland's Claire Danes. FRAZER HARRISON/GETTY IMAGES

"Oh, man. ... This is mind-blowing; mindblowing," Hale said.

Robin Williams offered the first of five memorial tributes that were added to the traditional "in memoriam" group tribute.

"Jonathan Winters was my mentor," Williams said of the actor-comedian. "I told him that and he said, 'Please, I prefer idol.'"

Harris started out the ceremony with help — and harassment — from past hosts including Jimmy Kimmel, Jane Lynch and Conan O'Brien. When they started to squabble, nominee Kevin Spacey of the online show House of Cards got a close-up.

"It's all going according to my plan. I was promised the hosting job this year and they turned me down," Spacey said, channeling the scheming politician he plays on the digital series.

Girls creator Lena Dunham. FRAZER HARRISON/GETTY IMAGES

On the red carpet, there were plenty of slit skirts, romantic lace overlays, graphic black-and-white combinations, strategic skin-baring slashes and tough-girl harnesses. Claire Danes of Homeland wore a champagne-coloured beaded gown and Robin Wright of House of Cards was in a black silk-cady gown.

Other early winners included Tina Fey and Tracey Wigfield, who won for best writing for a comedy series for 30 Rock.

THE ASSOCIATED PRESS

Online

- For a full list of winners and more Emmy coverage, go to metronews.ca.

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Review

Who: Ellie Goulding

Where: iTunes Festival

When: Sunday, Sept. 22

●●●●●

If there's a downside to having a voice as layered and multi-faceted as Ellie Goulding's, it's the ever-present danger of it going off the rails. But danger, of course, adds an element of excitement. In Sunday's performance, the emotive electro-pop artist didn't fail to thrill, adding surprise at every bend while maintaining control of her most-unusual instrument.
EMINA GAMULIN/METRO

EACH MONDAY IN SEPTEMBER, METRO WILL REVIEW ONE OF THE ACTS PARTICIPATING IN THE ITUNES FESTIVAL. TAKING PLACE ALL MONTH AT THE RENOWNED ROUNDHOUSE IN LONDON – AND STREAMING ONLINE IN HD – THE ITUNES FESTIVAL FEATURES 60 ACTS EACH DAY AT 4 P.M. ET/1 P.M. P.T. TO WATCH LIVE, DOWNLOAD THE ITUNES FESTIVAL APP TO YOUR IPHONE, IPAD, IPOD TOUCH OR APPLE TV. FOR A FULL LIST OF ACTS, VISIT METRONEWS.CA

Icona Pop stays up All Night

I don't care. Life shouldn't be this fun — but it is for the wildly successful synth pop duo

ALEXANDRA CAVALLO
Metro World News in New York

Hard partying young bands have a long tradition of trashing hotel rooms. On their most recent tour, however, Icona Pop's biggest offence wasn't throwing the TV off the balcony or throwing up in the ice bucket. It was scaring the crap out of the maid.

"In the closet of a hotel room, we built a little singing booth," says Caroline Hjelt, one half of the Swedish synth-pop duo.

"And we were just in there screaming and singing together. We heard that someone was in the room and we stepped out and it was housekeeping. She got so scared, she didn't know what the f— was going (on) … and then two girls come out from the closet. She was like, 'Oh my god, what's going on here?'"

What was going on there, explains Hjelt, was work. She and bandmate Aino Jawo have been on the road nonstop, touring behind their irrepressible dance party jam I Love It (off their 2012 EP Iconic), and have had almost zero time to spend in the studio recording their upcoming debut album This Is Icona Pop. So they've had to get a little creative.

"This album has been hustling, we've been everywhere recording it," she says. "So we always make sure that we have a microphone, and we have our computers that we can work on, or cellphones, or whatever, that we can just record if we get quick ideas. We've been writing the album for such a long time so I think people are going to hear the journey that we've been through."

Aino Jawo and Caroline Hjelt of Icona Pop love dancing, good music and just kicking it with other people. GETTY IMAGES

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OUR TAKE ON THE WORLD OF CELEBRITIES

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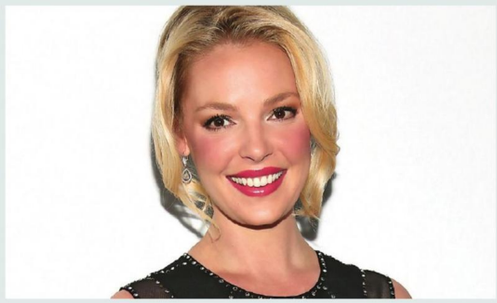


Heigl's great to work with, now let me out of this basement

POP GOES THE WEEK
Malene Arpe
scene@metronews.ca

North of Hell's Patrick Wilson defends co-star Katherine Heigl against recent criticism that she's hell to work with and says, "She showed up, worked her tail off, super funny, super gracious, great to the cast, great to the crew, and was a total pro." He continues, "she gave everyone back rubs, bought us all new cars and raised the dead in her spare time. May I leave this basement now, Katherine? It's damp and I don't like it here."

Ben Affleck's 18-month-old son is photographed wearing a Batman T-shirt. Not to be outdone, Kris Jenner made Kendall and Kylie wear "successful talk show host" crotch-less panties.

Alexander Skarsgard says his team will beat Prince Harry's team on a charity trek to the South Pole. It's for charity. It doesn't matter who wins. Except, of course, if it's so cold Harry and Alexander have to snuggle to stave off frost bite and someone happens to film it, in which case we all win.

Leonardo DiCaprio will star in a Woodrow Wilson biopic. And if that doesn't finally get him an Oscar, he'll play some other historical figure no one's interested in and not win an Oscar for that either.

Demi Moore has reportedly started dating the father of a young ex-boyfriend. That's kinda weird and creepy, isn't it? Someone her own age?

I know I did a bad thing but so did Jay-Z! Brown brings up rap legend's past

Chris Brown has had a tough go of it as far as his public image is concerned ever since he was convicted of assaulting Rihanna in 2009, and he's a little tired of how much he still has to put up with being judged about it — especially compared to other entertainers like Jay-Z. "No disrespect, because I'm a fan, but nobody brings up the fact that he stabbed somebody and sold drugs," Brown tells Jet magazine. "He gets a pass."

Chris Brown

Moving trucks confirm Hemsworth-Cyrus split

As if an official publicist confirmation of the split and photos of Liam Hemsworth kissing another woman weren't enough, photographers caught a sure sign that his relationship with Miley Cyrus is over on Friday as a moving truck was spotted outside Cyrus' Los Angeles home collecting the rest of Hemsworth's belongings, according to TMZ. It was unclear where the truck was headed once it was loaded up, but Hemsworth is back in Atlanta continuing work on the Hunger Games finale Mockingjay. Cyrus, sources say, initiated the split. "(It was) Miley's decision, after coming to grips with Liam being what she believed was less than faithful to her."

Liam Hemsworth. ALL PHOTOS GETTY IMAGES

Travel bit

Avoid toddler plane hell

IT'S ALL RELATIVE
Kathy Buckworth
Kathybuckworth.com

Forget the horror of Snakes on a Plane. If you're a parent, you know that the Terror of Toddlers on a long flight can be even scarier.

It starts with the looks you get from other passengers as you guide your careening youngster down the aisle, and they all cross their fingers, hoping you will not be their seatmate.

Maureen Dennis, founder of weewelcome.ca has been that mom — with four young kids — and shares expert advice after having covered many miles with many toddlers.

"When travelling with toddlers, never plan on them sleeping on the flight. You can hope and pray that they might but there is a very good chance you will be their sole entertainment for the whole flight, which is a challenge in a confined space," she says.

What works best? "Pack a tablet with a movie on it, crayons, playdough, small toys, books, stickers and drinks and snacks for a small village," advises Dennis.

Should you let them stretch their little legs? Dennis doesn't think so. "Leave the walking up and down the aisles for emergencies as toddlers don't understand the seat belt sign and you may end up with a meltdown on your hands trying to get them back in their seat."

KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY THE BUSINESS, AVAILABLE FROM MCCLELLAND & STEWART AT BOOKSTORES EVERYWHERE.

Public shaming: the new time out?

Discipline. Putting your kid's bad behaviour on display for the world creates headlines, but disciplinary approach misses mark: experts

When it comes to curbing persistently bad behaviour exhibited by children, is shaming the new name of the game in parental discipline?

Scott Mackintosh recently offered a very public — and buzz worthy — lesson in modesty to his teen daughter, whom he felt was continually dressing inappropriately, by turning the spotlight on himself. The Utah father donned a pair of short-shorts and a "Best Dad Ever" T-shirt for a family night out, resulting in embarrassment for his daughter, pointing and strange looks from observers and the image of Mackintosh in the getup going viral.

Meanwhile, other recent headlines have shown parents putting the misdeeds of their kids — and subsequent punishments — on public display.

Earlier this month, a California mom punished her daughter for defying orders not to "twerk" at a school dance by making the 11-year-old stand at a busy intersection holding a sign informing onlookers of her actions involving the suggestive dance move.

Brandie Weikle, editor-in-chief of Canadian Family magazine, said in observing the parental shaming trend in social media, she has found it interesting to see how polarizing the comments are in response to the actions. "There's plenty of people that think: 'Way to go. That's a parent taking a risk or being firm' and they're in favour of it. I guess I'm personally a little wary of that approach," said Weikle, mother of two sons, aged six and 10.

"I would prefer more of a logical consequence, and I'm not certain that embarrassment is necessarily what logically follows from the supposed crime. I'm a bit more in favour of connecting what's gone on to, for instance, a loss of privilege or natural consequence that has unfolded from what the child has done wrong."

Psychotherapist and parenting educator Andrea Nair said when parents use shaming as a disciplinary tool, they may get their children to obey, but likely won't get kids to co-operate — and it could harm their relationship in the process.

"Ridiculing and shaming hurts," said Nair, co-founder of The Core Family Health Centre based in London, Ont.

"If a parent realizes they have hurt their child on purpose (they can go) back and then (do) relationship repair and they think of a plan (and say): 'I was really frustrated. Your behaviour is not appropriate, and I'm trying to find ways to make it stop, so can you help me out here? Let's find a way for this behaviour to change, but without us both needing to be mean to each other.'"

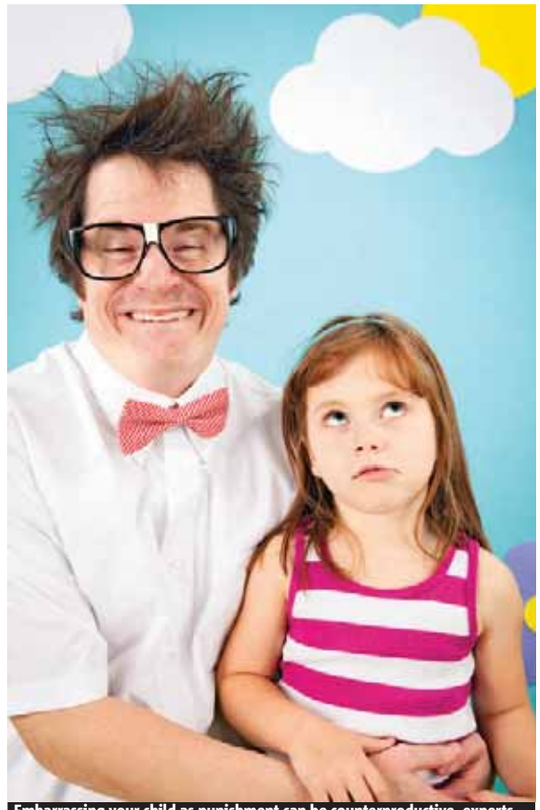
Nair said the more calm and reasonable adults are, the more they'll teach their kids to follow suit. And if they're meeting resistance, she said parents can adopt what she described as the either-or approach.

"You can say: 'Are you going to be able to get off this video game, or am I turning off the Wi-Fi and unplugging the computer. Which is your pick?'" said Nair. THE CANADIAN PRESS

What is discipline?

"...disciplining, at any age, is about correcting and guiding (your child) toward appropriate behaviour."

Peggy Drexler, research psychologist
in a Psychology Today article



Embarrassing your child as punishment can be counterproductive, experts say. GETTY IMAGES

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Stores are ending gender labelling, but some still see division in toys for girls and boys. HAILEY CHAN/THE CANADIAN PRESS

Blocks can be fun for Becky, too

Gender labelling. Despite push toward dissolving divisions of toys, some parents still see toys as girl-or boy-specific

London department store Harrods has redesigned its toy department to organize it by theme rather than by gender. Swedish toy firm Top-Toy published a gender-neutral catalogue in which boys were shown playing with a kitchen set and hair dryer and a girl was shown shooting a toy gun. Toys "R" Us in the U.K. recently pledged to move away from gender-specific marketing of toys.

In an emailed statement to The Canadian Press, Liz MacDonald, vice-president of marketing and store planning for Toys "R" Us Canada, said the retailer regularly features girls and boys playing with all different types of toys in its advertising.

While branding and promotion of products along gender lines remains a contentious issue, there has clearly been a movement toward dissolving certain divisions of toys.

Sara Grimes, assistant professor in the faculty of information at the University of Toronto said it's not an issue of toys introducing particular gender roles or stereotypes but rather reinforcing those which already exist and prevail in the broader culture.

"You can find all kinds of toys with vacuum cleaners and cooking that are very much encoded in that kind of '50s-style association of domesticity with women ... And in more recent years, that's definitely extended to things like beauty and fashion," said Grimes.

Grimes said the step toward removing some of the "visual segregation" in toy stores is important.

Laura Wiese, a spokeswoman for the Canadian Toy Association, said she thinks it's difficult for parents to change their mindsets when it comes to toy purchases.

"I think a lot of parents tend to feel that their child might be more interested in something that is more girl-like or more boy-like, depending on whether they have a boy or a girl," she said.

"What we do as manufacturers and as an industry is to ensure that we have a broad spectrum of toys that appeal to all genders."

THE CANADIAN PRESS

School lunches. Peanut butter jelly time is over

Nutritionist Vicki Koenig has tips for peanut butter and jelly boredom.

Hummus

Pack hummus with fresh veggies and whole wheat pita triangles or flatbreads for dipping. Hummus is a good low-fat protein source and is high in iron and vitamin C. Or try low-fat or fat-free cottage cheese with carrots, cherry tomatoes, fresh berries or melon for a calcium-rich, high-protein lunch.

Salads

Salads topped with lean protein like hard-boiled eggs, beans or chicken are a great alternative to sandwiches, and they help get kids on track with their daily vegetable servings. In a hurry? Buy bags of lettuce or pre-cut carrots or make extra salad for dinner then pack the leftovers for lunch the next day.

METRO

Hummus is a great lunch option. ISTOCK

Fall fusion: Spicy gingerbread meets sweet banana loaf

1. Heat the oven to 325 F. Spray a Bundt pan with baking spray.

Ingredients

- 1 cup buttermilk
- 2 eggs
- 1/2 cup vegetable or canola oil
- 6 very ripe bananas, mashed
- 1 cup packed brown sugar
- 1/4 cup honey
- 1/4 cup molasses
- 2 cups bran
- 3 cups all-purpose flour
- 1 tbsp plus 1 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 1 tsp cinnamon
- 1 tbsp ground dry ginger
- 1/2 tsp nutmeg
- 1 tsp ground cloves
- 1 cup finely chopped bittersweet chocolate
- 3/4 cup finely chopped candied ginger

This recipe serves 16. MATTHEW MEAD/ THE ASSOCIATED PRESS

2. In a medium bowl, whisk together the buttermilk, eggs, oil, bananas, brown sugar, honey, molasses and bran. Let sit for 10 minutes.

3. Meanwhile, in another medium bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon, ginger, nutmeg and cloves.

4. Once the banana-bran mixture has sat for 10 minutes, add the flour mixture to it and gently stir just until the dry ingredients are moistened. Gently fold in the chopped chocolate and chopped ginger. Spoon the mixture into the prepared pan and bake for 50 to 60 minutes, or until a toothpick inserted at the centre comes out clean.

5. Let cool for 15 minutes in the pan before turning out onto a wire rack to cool completely. THE ASSOCIATED PRESS

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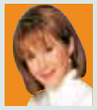

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Ribs and chicken are both favourites for many people but one is clearly a better choice.

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Stick to a couple of ribs as an appetizer, never a meal. You're getting a day's worth of calories and fat, all of which is saturated.

Equivalent

One rack of pork back ribs with barbecue sauce is equal in fat to two packages of cooked Maple Leaf bacon.

Half grilled chicken with skin (Swiss Chalet)

530 calories/ 42 g fat

Even half a grilled Swiss Chalet chicken saves you more than half the calories and fat than the ribs.

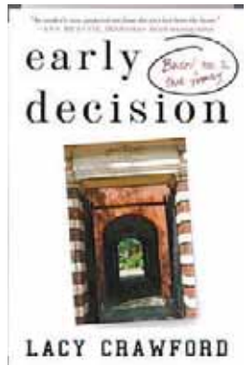
Does the higher learning application process favour rich kids? ISTOCK

First the alphabet, then the world

Decision time. Book on college acceptance race was inspired by author's own experiences: she signed her baby up for preschool too late

As a post-secondary school counsellor, Lacy Crawford thought she understood how students and their parents were driven crazy by the application process — until she had a baby. Crawford says that as soon as she was "late" to sign her four-month-old son up for preschool, she truly felt what it was like to walk in the shoes of the parents she'd been advising. That experience became her novel, Early Decision, which follows a top-tier counsellor and her students through the head-spinning frenzy of applications. We asked Crawford about walking the line between fiction and memoir for her debut novel.

How did you find the characters in the book?
All of the stories in Early Decision are based on things that happened. There were interactions between parents and students that really troubled me, that I couldn't get out of my memory and I wanted to try to understand



them. I also wanted to write them in a fun way — it's a satire. It's accessible, and it's meant to let parents and students see what this process is doing to us.

So what do you feel the process is doing to us?
I think (the application process) puts the emphasis on getting in rather than growing up. So, I had the characters begin with their essays (the book features college essays from Crawford's fictional students) and I wrote their essays and then I figured out who their parents were and went from there.

It sounds like you're a little bit skeptical about the application process. Is that true?

I'm not an education expert — my experience is only anecdotal, but I think the process privileges the very privileged, the rich kids who attend private schools all the way through, or public schools in towns that have the really good schools. Those are the kids who know what they're competing for and how to compete for it. At the other end of the spectrum, there are underserved young people who, when they can perform, the top colleges are desperate for them. If you are an ethnic minority coming out of a top (or a terrible) public high school and you have great scores, ivy leagues will fight each other for you. In the middle are hundreds of thousands of kids, maybe millions — lots and lots of kids who are good, bright kids, coming out of middling high schools (that) haven't given them the resources they need to know what colleges are out there. And their parents are maybe working full time and maybe not obsessed with Yale, so they don't have the time and the resources to figure out how to give their kids all the boosts that the rich kids are getting.

What are your feelings about your own kids and college?
My fantasy for my boys is actually a fantasy for myself. I hope that by the time they are 17, I am so confident of their character and so sure that they know their own hearts that I will be able to support whatever decisions they make.

METRO

Mixed priorities

"I think (the application process) puts the emphasis on getting in rather than growing up."

Post-secondary school advisor Lacy Crawford

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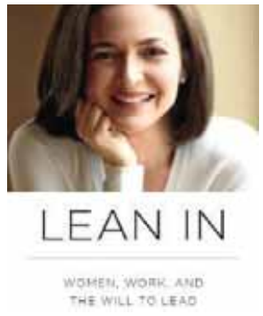
Women need to make choices and not pursue perfection



MEREDITH ENGEL
Metro World News in New York

The ongoing debate about the modern career-minded woman was brought to the forefront again with the release of Sheryl Sandberg's Lean In: Can women really have it all? The perfect home, the darling children and the bustling career — can they be successfully juggled? And why is "having it all" a problem only women seem to have?

At a New York Women in Communications panel discussion on female leadership last week, women at the top of their game offered their opinions on the matter and advice for women trying to balance it all.

"You can't expect perfection," said Cathie Black, the former chairwoman and president of Hearst Magazines (who, by the way, abhors the phrase "having it all"). She referenced Oprah Winfrey's popular "Live your best life" quote, noting the importance of the word "your" in there.

"Life is about imbalance," she added. "There are choices you make."

One of those choices might be accepting that you can't do it all. Jeanine Shao Collins, executive vice-president and chief innovation officer of Meredith 360, recommended that future leaders "be willing to delegate, and be OK with it." And Black added that hiring a nanny to watch the kids isn't going make them forget who their parents are.

Tips from a pro

Cathie Black is one of the most respected bosses in the biz. Take her advice and watch your career soar.

- **How to ask for a raise.** "You have to have a reasoned approach," she says. "'I need more money' — that is not my problem. Look at the results: Have you done the job really well? Then you can ask for something."
- **Stand out in meetings.** Black calls the corner seat "the dead zone of the table." Speak up! "If you are going to show up, you are not a visitor — you are a participant."

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May I have your attention, please?

Stay focused. A few simple exercises can help increase your child's concentration

There can be plenty of distractions in a classroom — arm your child with a few tricks to help block those distractions out. ISTOCK

Most students could maintain their focus if asked to complete a single activity in a quiet room by themselves. But put 30 children in a room together, and as the noise level increases, ability to concentrate decreases, and attention wanders.

A dropped pencil, a sneeze, a giggle, a bird outside the window — the list of distractions in a typical classroom is endless. Many parents and teachers might be forgiven for concluding that a child has Attention Deficit Disorder (ADD) if they are unable to remain focused, but it's possible many students simply have not been taught how to pay attention.

Nick Whitehead, the CEO of Oxford Learning, says that the increased number of children diagnosed with ADD may not necessarily mean that more children have attention deficits, but that we are not teaching our children the learned behaviour of paying attention.

"In addition to measuring and testing kids for attention deficit, we need to reconsider our lifestyles and the ways we teach children," he explains.

"Many kids can't pay attention because they have not been taught the skill of concentration. I am not trying to claim that attention deficits do not exist, however, many kids who have trouble paying attention do not have ADD. They merely have a short attention span."

Whether your child has been professionally diagnosed, or could simply benefit from better concentration skills, these tips can help all students remain focused and learn better:

Play the attention game. Teach and remind your child to be mindful/self-aware.

Use a cue. Say the child's name first to get his/her attention before giving directions.

Establish routines. Schedule consistent homework/study times and spaces.

Clear the clutter. Within a dedicated workspace, get rid of distractions (TVs, phones, radios, etc.).

Demonstrate. When teaching new tasks, demonstrate them. Repeat as necessary. Be patient.

Get organized. Teach and reteach organization skills. Before starting, break tasks into smaller, more manageable parts and go over all instructions clearly.

Build confidence. Celebrate every success, no matter how minor.

Be positive. Focus on successes, not failures. Look at what your child is doing well and celebrate it.

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Phil Kessel takes a swing at the Sabres' Brian Flynn at Air Canada Centre on Sunday night. FRANK GUNN/THE CANADIAN PRESS

Kessel hurts Sabres with stick and fists

NHL. Maple Leafs sniper tallies twice prior to line brawl

Phil Kessel scored his first two goals of the pre-season and the Toronto Maple Leafs held off a third-period Buffalo Sabres surge to hang on for a 5-3 win Sunday night.

The Leafs also had goals from Trevor Smith, Josh Leivo and Jake Gardiner while Nikita Zadorov, Jamie McBain and Corey Tropp scored for Buffalo.

On Sunday

5	3
Maple Leafs	Sabres

Kessel was involved in the main flash point of the game at 10:01 of the third when he was targeted by Sabres' John Scott seconds after a fight between Leafs' Jamie Devane and Tropp.

Kessel backed away from Scott while twice swinging his stick at the Sabres' tough guy before some of his teammates jumped in.

That precipitated a line brawl with Leafs' David Clarkson jumping off the bench to join the fray, and a goalie fight between Ryan Miller of the Sabres and Jonathan Bernier of the Leafs.

By the end of the game, the benches on both sides were looking bare after numerous fighting majors and 10-minute misconducts were handed out.

The same two teams needed a 15-round shootout the night before to settle a 3-2 win for the Leafs.

THE CANADIAN PRESS

Soccer. United's struggles continue in derby vs. City

Manchester City delivered a ruthless attacking display to rout Manchester United 4-1 in the Premier League on Sunday, the first derby between the rivals since the retirement of United manager Alex Ferguson.

Sergio Aguero volleyed home an acrobatic goal in the 16th minute, Yaya Toure doubled the lead in the 45th minute and Aguero scored his second goal in the 47th. Samir Nasri's 50th-minute goal completed the burst at the start of the second half.

THE ASSOCIATED PRESS

City's Sergio Aguero celebrates his goal against United on Sunday in Manchester, England. GETTY IMAGES

NFL. Referees' frequent flags fail to slow Jets as they blow by Buffalo

Geno Smith threw two touchdown passes, including a go-ahead 69-yarder to Santonio Holmes in the fourth quarter, and the New York Jets overcame a team-record 20 penalties to hang on and beat the Buffalo Bills 27-20 in an ugly game Sunday.

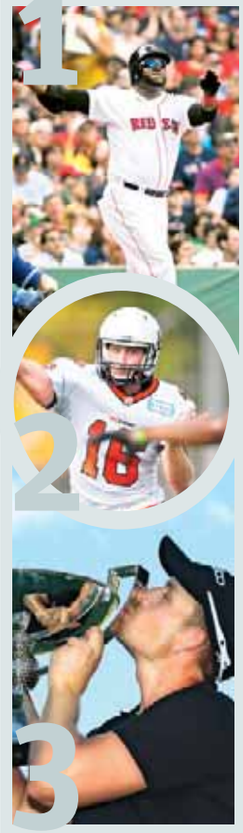
Smith slightly outplayed EJ Manuel in a matchup of the first two quarterbacks selected in the NFL draft in April. But this one was tough to watch at times with the barrage of penalties. The Jets (2-1) rolled up 168 yards in penalty yardage, and nearly gave it away against the Bills (1-2). THE ASSOCIATED PRESS

Quoted

"We have to find a way to get it done with that kind of help."

Bills receiver Stevie Johnson on his team's loss in which the Jets committed 20 penalties.

Sports in pictures



1 MLB. Jays dropped in Beantown

David Ortiz and Jackie Bradley Jr. homered to lead the AL East champion Boston Red Sox to a 5-2 win over the Toronto Blue Jays on Sunday.

THE ASSOCIATED PRESS

2 CFL. Lions top Riders

Thomas DeMarco threw for two touchdowns in his first pro start and Paul McCallum hit a 42-yard field goal with no time left as the BC Lions topped the Saskatchewan Roughriders 24-22 on Sunday. THE CANADIAN PRESS

3 Golf. Stenson captures FedEx Cup

Henrik Stenson held off a brief challenge by 20-year-old Jordan Spieth and closed with a 2-under 68 to win the Tour Championship by three shots and capture the FedEx Cup and its $10 million bonus. Stenson earned $1.44 million for winning the tournament.

THE ASSOCIATED PRESS

Bones rattled but hangs onto title

UFC. Jones defeats Gustafsson via unanimous decision

Jon Jones successfully defended his UFC light-heavyweight title on Saturday night. TORSTAR NEWS SERVICE

It's been a tough year for the pound-for-pound kings of mixed martial arts.

First middleweight champion Anderson Silva lost his title, caught clowning once too often in the cage. And on Saturday, light-heavyweight title-holder Jon (Bones) Jones — his successor as the top pound-for-pound fighter on the planet — was pushed to the limit by 8-1 underdog Alexander (The Mauler) Gustafsson at UFC 165.

Some fear that welterweight champ Georges St-Pierre, currently No. 2 in the pound-for-pound rankings, could also be in for a long — or short — night in November when he faces top 170-pound contender Johny (Bigg Rigg) Hendricks, a former NCAA champion wrestler with a sledgehammer for a left hand, at UFC 167.

Such is the beauty of mixed martial arts, where there are so many ways to win and lose. And champions wear the biggest targets on their back.

There was little beauty in Saturday's main event, other than marvelling at the amount of punishment two superbly conditioned and trained athletes can absorb.

It was like watching a time-lapse video of two bodies breaking down. Fascinating but brutal.

Jones rallied to win a stirring five-round decision, with the judges scoring it 48-47, 48-47 and 49-46 for the champion.

A busted-up Jones had to plead with the ringside physician not to stop the fight after four rounds, according to UFC president Dana White.

Most gave Jones either rounds two or three plus four and five.

Neither fighter made it to the post-fight news conference at the Air Canada Centre. Both went straight to hospital, with Jones bundled directly onto a waiting gurney.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	95	62	.605	—
Tampa Bay	86	69	.555	8
New York	82	74	.526	12½
Baltimore	81	74	.523	13
Toronto	71	84	.458	23

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	91	65	.583	—
Cleveland	86	70	.551	5
Kansas City	82	73	.529	8½
Minnesota	65	90	.419	25½
Chicago	61	94	.394	29½

WEST DIVISION

	W	L	Pct	GB
Oakland	93	63	.596	—
Texas	84	71	.542	8½
Los Angeles	76	79	.490	16½
Seattle	68	88	.436	25
Houston	51	105	.327	42

Sunday's results
San Francisco 2 N.Y. Yankees 1
Cleveland 9 Houston 2
Chicago White Sox 6 Detroit 3
Boston 5 Toronto 2
Tampa Bay 3 Baltimore 1
Kansas City 4 Texas 0 (10 inn.)
Seattle 3 L.A. Angels 2
Oakland 11 Minnesota 7
Saturday's results
N.Y. Yankees 6 San Francisco 0
Tampa Bay 5 Baltimore 1
Oakland 9 Minnesota 1
Cleveland 4 Houston 1
Detroit 7 Chicago White Sox 6 (12 inn.)
Texas 3 Kansas City 1
Toronto 4 Boston 2
L.A. Angels 6 Seattle 5
Monday's games — All times Eastern
Baltimore (Chen 7-7) at Tampa Bay (Archer 9-7), 3:10 p.m.
Houston (Lyles 7-8) at Texas (Holland 9-9), 8:05 p.m.
Detroit (Verlander 13-12) at Minnesota (Pelfrey 5-13), 8:10 p.m.
Toronto (Happ 4-6) at Chicago White Sox (Quintana 8-6), 8:10 p.m.
Oakland (Griffin 14-9) at L.A. Angels (Richards 7-6), 10:05 p.m.
Kansas City (Ventura 0-0) at Seattle (Maurer 4-8), 10:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Atlanta	92	63	.594	—
Washington	83	72	.535	9
New York	71	84	.458	21
Philadelphia	71	84	.458	21
Miami	57	98	.368	35

CENTRAL DIVISION

	W	L	Pct	GB
St. Louis	91	64	.587	—
Cincinnati	89	67	.571	2½
Pittsburgh	89	67	.571	2½
Milwaukee	68	86	.442	22½
Chicago	65	91	.417	26½

WEST DIVISION

	W	L	Pct	GB
Los Angeles	90	66	.577	—
Arizona	79	76	.510	10½
San Diego	72	83	.465	17½
San Francisco	72	84	.462	18
Colorado	71	86	.452	19½

Sunday's results
Cincinnati 11 Pittsburgh 3
N.Y. Mets 4 Philadelphia 3
Miami 4 Washington 2
Atlanta 5 Chicago Cubs 2
Arizona 13 Colorado 9
L.A. Dodgers 1 San Diego 0
Miami at Washington
St. Louis at Milwaukee
Saturday's results
Chicago Cubs 3 Atlanta 1
Pittsburgh 4 Cincinnati 2
N.Y. Mets 5 Philadelphia 4 (7 inn.)
Miami at Washington (ppd.)
St. Louis 7 Milwaukee 2
Arizona 7 Colorado 2
L.A. Dodgers 4 San Diego 0
Monday's games — All times Eastern
N.Y. Mets (Harang 0-1) at Cincinnati (Cueto 5-2), 7:10 p.m.
Milwaukee (Estrada 6-4) at Atlanta (Minor 13-7), 7:10 p.m.
Philadelphia (Halladay 4-4) at Miami (Eovaldi 3-6), 7:10 p.m.
Pittsburgh (Morton 7-4) at Chicago Cubs (Samardzija 8-12), 8:05 p.m.
Washington (Roark 7-0) at St. Louis (Wainwright 17-9), 8:15 p.m.
Arizona (McCarthy 5-9) at San Diego (Stults 9-13), 10:10 p.m.

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
Toronto	12	8	4	0	354	315	16
Hamilton	12	6	6	0	316	329	12
Montreal	12	4	8	0	285	349	8
Winnipeg	12	2	10	0	251	368	4

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	12	9	3	0	373	301	18
B.C.	12	8	4	0	325	302	16
Saskatchewan	12	8	4	0	376	282	16
Edmonton	12	3	9	0	294	328	6

Sunday's result
B.C. 24 Saskatchewan 22
Saturday's results
Hamilton 28 Montreal 26
Toronto 33 Calgary 27

NFL

WEEK 3

Sunday's results
New England 23 Tampa Bay 3
Cincinnati 34 Green Bay 30
Cleveland 31 Minnesota 27
Baltimore 30 Houston 9
Tennessee 20 San Diego 17
Carolina 38 N.Y. Giants 0
New Orleans 31 Arizona 7
Dallas 31 St. Louis 7
Detroit 27 Washington 20
Miami 27 Atlanta 23
Indianapolis 27 San Francisco 7
Seattle 45 Jacksonville 17
N.Y. Jets 27 Buffalo 20
Chicago at Pittsburgh
Monday's game — All Times Eastern
Oakland at Denver, 8:40 p.m.

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Dustin Johnson, $320,000	68-68-67-69—272
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Horoscopes

♈ Aries
March 21 - April 20
Better times are just around the corner but although you may believe that, a friend or colleague does not, and you must make an effort to convince them. Their happiness is tied to yours.

♉ Taurus
April 21 - May 21
Sudden changes will be the norm over the next few days. The planets indicate that nothing can harm you so long as you stay calm and refuse to be rushed.

♊ Gemini
May 22 - June 21
Why sit around waiting for people you hardly know to make decisions which affect your life? Your life is what you choose to make of it.

♋ Cancer
June 22 - July 23
Stop feeling sorry for yourself and start looking for ways to improve your life. you have to work harder for less reward for a while but think of it as an investment. The tide WILL turn

♌ Leo
July 24 - Aug. 23
You may be of the opinion that a partnership that has been causing you grief is no longer worth the effort but don't give up on it. The planets indicate it is about to surprise you, in a nice way.

♍ Virgo
Aug. 24 - Sept. 23
You may feel that you are destined for bigger and better things and you may be right but it won't happen as if by magic. Determine your number one priority today – then go for it to the exclusion of everything else.

♎ Libra
Sept. 24 - Oct. 23
If you wish for something hard enough today there is every chance that your wish will come true. The planets indicate this is your time of year and extraordinary things can happen – so wish away.

♏ Scorpio
Oct. 24 - Nov. 22
Don't let what other people are doing distract you from what you should be doing. Yes, it may seem that they are having more fun but in the long-term what's more important to you, having fun or making money?

♐ Sagittarius
Nov. 23 - Dec. 21
You may be eager to show what you can do but try waiting until later in the week before pushing yourself to the front of the stage.

♑ Capricorn
Dec. 22 - Jan. 20
The best way to change the world is to change your own attitude. It's not really the world "out there" that is the problem but the world you create inside your own head.

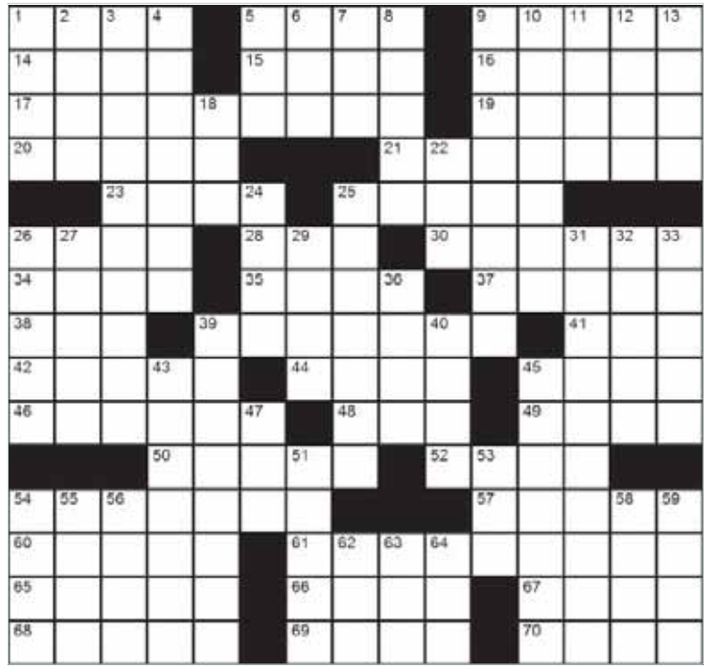
♒ Aquarius
Jan. 21 - Feb. 19
You may be upset that something did not work out the way you wanted it to but over the next few days you will realize it was for the best. New opportunities will arise.

♓ Pisces
Feb. 20 - March 20
In some way or other you are still trying to hold back the tide, even though you know it cannot be done. The time has come to accept that you must move with the times, because the times won't move with you. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



Across

1. Police dept. rank
5. Skedaddle
9. Feminine 'this' in French
14. Lion's mane part
15. Marsh plant
16. "__ Pearl" by 54-40
17. Douglas __ (Second husband of the Canadian actress at #9-Down)
19. Dennis of movies
20. "Blame It __ __" (1984) starring Michael Caine
21. Every bit as
23. Hero
25. Pasted
26. 9:00_ _ __ 5:00pm (Office hours)
28. Wood sorrel
30. Conflicting: 2 wds.
34. Bankruptcy reason
35. Boring
37. Handle in the hospital
38. Pathway, for short
39. Mont-Saint-__, Quebec
41. Passed in 1867, it made Canada [acronym]
42. Not napping
44. "__ -Team" ('80s series)
45. Crooned
46. Planets
48. Ship's stern
49. Amounts [abbr.]
50. Off to _ __ start
52. Spanish 'water'
54. Greek Myth: Slayer of Medusa
57. Actress Ms. Ward's
60. __ Harp
61. Play poker one on one: 2 wds.
65. Engraved head necklace piece
66. Fluish feeling
67. British band, __ Shaker
68. Informal-style of wording
69. Judge Judy's garb
70. Lovestruck, olde-style

Down

1. Data
2. "Wavin' Flag" by K'__
3. British Columbia's provincial mammal: 2 wds.
4. Green hue
5. Monk's title
6. DWTS judge
7. "Mouse!"
8. Bygone car
9. 1929 film for which Mary Pickford won an Academy Award for Best Actress
10. South American country
11. Greenish-blue
12. Cat part
13. Complete-ish
18. "Surprise!"
22. Sine __ non (Essential thing)
24. CCR tune
25. Sir of the Round Table
26. "It's _ __!" (Tied game exclamation)
27. "Love __ Times" by The Doors: 2 wds.
29. Religious sect
31. 'Let Go', for Avril Lavigne in 2002: 2 wds.
32. Mr. DeVito
33. Pre-weddings parties
36. Willingly, to a poet
39. Video game, Sonic the __
40. Proportionately, Pro __
43. Canadian speed skating great/Olympian, Cindy __
45. Makes mouse noises
47. Old French coin
51. Academy Award
53. Prime meridian std.
54. Photos
55. 'Fed' suffix
56. Terza __ (Italian verse form)
58. "__ _ Wanna Do" by Sheryl Crow
59. Musical chairs goal
62. Past
63. Wipe
64. Canadian comedian Gerry

Friday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

5	3	4	6	2	7	9	8	1
7	6	9	4	8	1	2	5	3
8	2	1	5	3	9	6	4	7
2	9	5	1	7	4	8	3	6
6	4	3	9	5	8	7	1	2
1	7	8	3	6	2	4	9	5
9	5	2	8	1	6	3	7	4
3	8	7	2	4	5	1	6	9
4	1	6	7	9	3	5	2	8

	5						9	
	2	3	7		9	6	1	
7		4				8		5
			9	6	3			
				7				
			4	8	5			
9		8				5		3
	4	5	3		8	1	2	
	3						4	

Today
15°/7°
Mainly sunny

Tuesday
18°/9°
Sunny

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